FIGURE 1

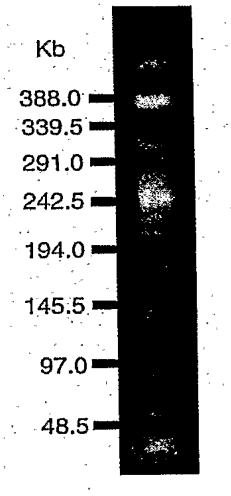


FIGURE 2

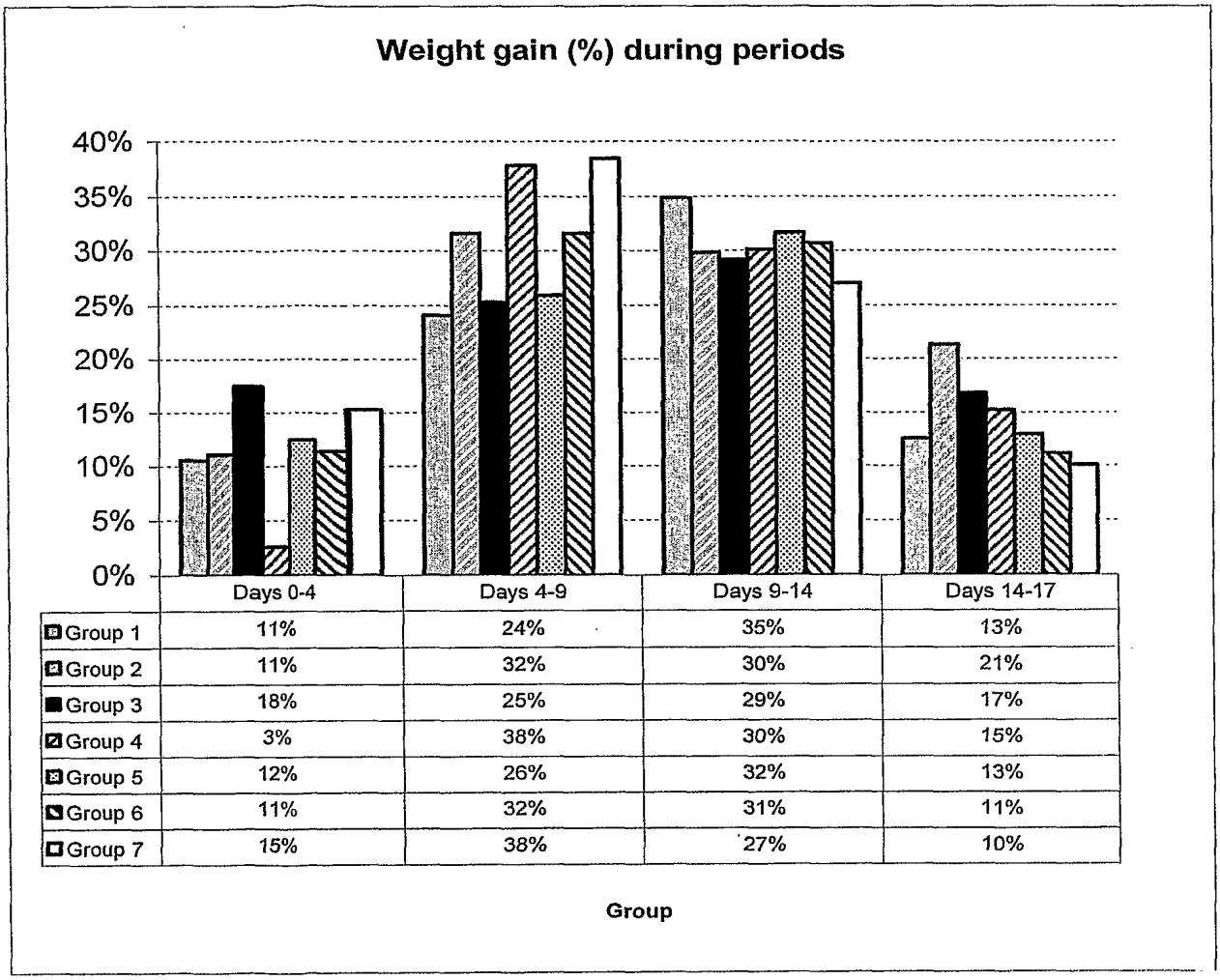
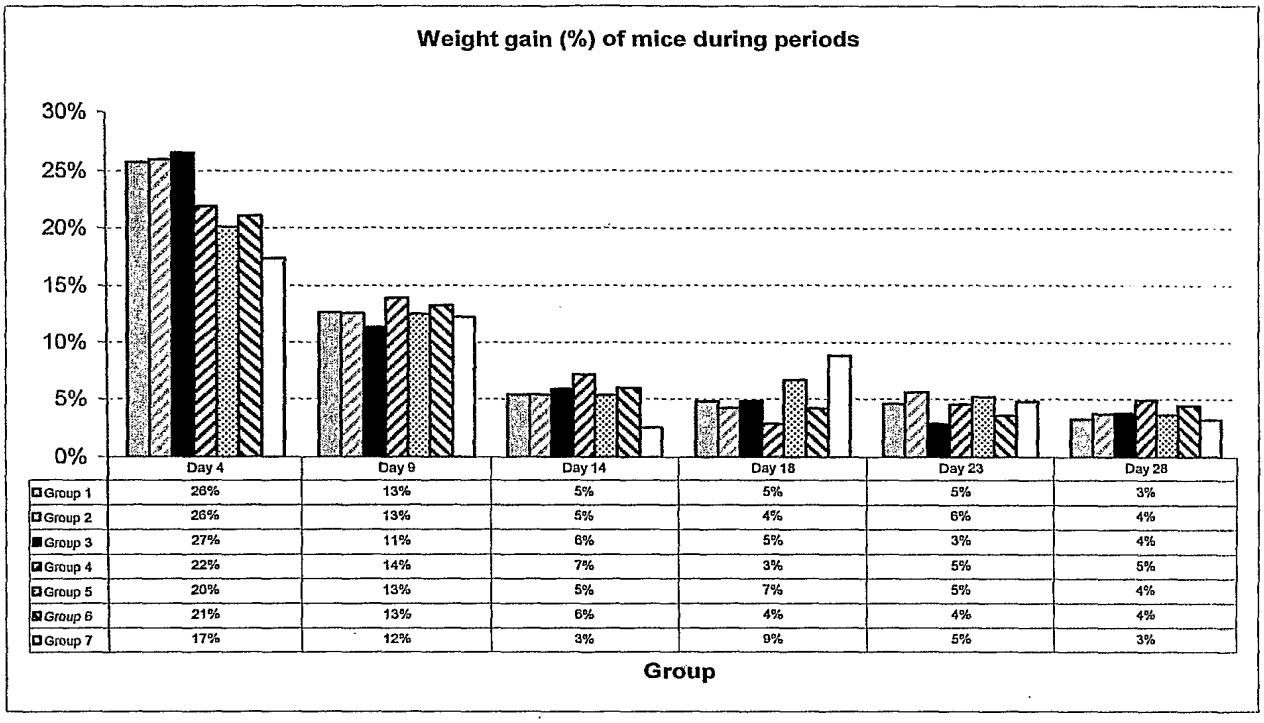

Weight gain (%) during periods
40%
35%
30%
25%
20%
15%
10%
5%
0%
Days 0-4
Days 4-9
Days 9-14
Days 14-17
Group 1 11% 24% 35% 13%
Group 2 11% 32% 30% 21%
Group 3 18% 25% 29% 17%
Group 4 3% 38% 30% 15%
Group 5 12% 26% 32% 13%
Group 6 11% 32% 31% 11%
Group 7 15% 38% 27% 10%
Group

FIGURE 3



	Day 4	Day 9	Day 14	Day 18	Day 23	Day 28
Group 1	26%	13%	5%	5%	5%	3%
Group 2	26%	13%	5%	4%	6%	4%
Group 3	27%	11%	6%	5%	3%	4%
Group 4	22%	14%	7%	3%	5%	5%
Group 5	20%	13%	5%	7%	5%	4%
Group 6	21%	13%	6%	4%	4%	4%
Group 7	17%	12%	3%	9%	5%	3%